



Office Use
1/11/57
DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

For Release JANUARY 15, 1957

FOR FOOD EDITORS

OCEAN PERCH CASSEROLE IS POPULAR

Ocean perch, a plentiful and moderately priced frozen fillet, rates very high in popularity with American homemakers. It has the added attraction of offering welcome relief from year's-end food budget problems.

This mild and agreeably flavored fish is excellent in combination with other foods. A casserole containing fish which is a high quality protein food, vegetables, and topped with pastry is a well-rounded meal in itself. Baking and serving this casserole in the same dish is an easy way to bring food piping hot to the table.

The home economists of the Interior Department's Fish and Wildlife Service recommend "Ocean Perch and Vegetable Pie" as a moderately priced, well-round casserole dish.

OCEAN PERCH AND VEGETABLE PIE

1 pound ocean perch fillets, frozen
1 quart water
1 tablespoon salt
2 tablespoons butter or other fat
2 tablespoons flour

$\frac{1}{4}$ teaspoon salt
Dash pepper
1 can (10 $\frac{1}{2}$ ounces) condensed vegetable soup
 $\frac{1}{2}$ can water
1 cup pastry mix

Thaw fillets. Skin fillets and place in boiling salted water. Cover and return to boiling point; simmer 10 minutes or until fish flakes easily when tested with a fork. Drain and flake.

Melt butter; blend in flour and seasonings. Add soup and water; cook until thick, stirring constantly. Add fish. Pour into well-greased casserole. Prepare pastry as directed. Cover casserole with pastry. Bake in a very hot oven, 450° F., for 20 to 25 minutes or until brown. Serves 6.

x x x ,